

# MARICOPA COUNTY GREEN COUNCIL



## Cups, Bowls, and Forks – Oh My!

Many of us 'lunch out' during the work week – and rightfully so! It is a nice mid-day break ... getting away from the office and eating food you didn't have to worry about preparing yourself.

BUT, more and more we find ourselves bringing our lunches – maybe to save some cashola in this sluggish economy, or to make healthier choices.

Why not bring in your own reusable plate, bowl, cup, and silverware also? According to the Clean Air Council, **each year- Americans throw away enough disposable cups, forks, and spoons to circle the equator 300 times!**

Follow those trend setters in OHPE on the 7<sup>th</sup> floor of 4041 N. Central– they brought in a set of plates and *real* silverware to use, wash, and re-use. It's easy. Thank you OHPE for not filling our landfills with disposables.

This is your April Green Tip from  
The Public Health Green Council



Thank you Mara DeLuca for this month's tip idea!

